

# Holy Eucharist

5 February 2023 | 9.00 am

*Third Sunday before Lent*



Synod of the Diocese of West Malaysia

**St Mary's Cathedral**

*Making disciples of Jesus Christ*

## **Livestream of the 9am Liturgical Service: Privacy Notice**

Kindly note that the 9am Liturgical Service is being livestreamed on the internet and that your image may be captured during the church service and when you come forward to receive the bread and wine during Holy Communion.

If you do not consent to this, please inform the welcomer who will sit you away from the cameras and arrange for the bread and wine to be brought to you. Alternatively, you can come back at 11am as there is no livestream at the 11am service.

## **Hymn: Great Is Thy Faithfulness**

*W.M. Runyan, 1870-1957*

Great is Thy faithfulness, O God my Father;  
there is no shadow of turning with thee;  
Thou changest not, thy compassions, they fail not;  
as thou hast been thou forever wilt be.

*Great is thy faithfulness! Great is thy faithfulness!  
Morning by morning new mercies I see;  
all I have needed thy hand has provided:  
great is thy faithfulness, Lord, unto me!*

Summer and winter, and springtime and harvest;  
sun, moon, and stars in their courses above  
join with all nature in manifold witness,  
to Thy great faithfulness, mercy, and love.

Pardon for sin and a peace that endureth,  
Thy own dear presence to cheer and to guide;  
strength for today and bright hope for tomorrow:  
blessings all mine, with ten thousand beside!

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# Introduction

## Prayer of Preparation

*All:* Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Christ our Lord.  
Amen.

# Gloria In Excelsis

**All: Glory to God in the highest  
and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One;  
you alone are the Lord;  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

# Collect

*Collect for the third Sunday before Lent*

**All: Almighty God,  
who alone can bring order  
to the unruly wills and passions of sinful humanity:  
give your people grace  
so to love what you command  
and to desire what you promise,  
that, among the many changes of this world,  
our hearts may surely there be fixed  
where true joys are to be found;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.**

# Old Testament Reading: 1 Samuel 21:1-6

*(Please be seated)*

<sup>1</sup> Then David came to Nob, to Ahimelech the priest. And Ahimelech came to meet David, trembling, and said to him, “Why are you alone, and no one with you?” <sup>2</sup> And David said to Ahimelech the priest, “The king has charged me with a matter and said to me, ‘Let no one know anything of the matter about which I send you, and with which I have charged you.’ I have made an appointment with the young men for such and such a place. <sup>3</sup> Now then, what do you have on hand? Give me five loaves of bread, or whatever is here.” <sup>4</sup> And the priest answered David, “I have no common bread on hand, but there is holy bread—if the young men have kept themselves from women.” <sup>5</sup> And David answered the priest, “Truly women have been kept from us as always when I go on an expedition. The vessels of the young men are holy even when it is an ordinary journey. How much more today will their vessels be holy?” <sup>6</sup> So the priest gave him the holy bread, for there was no bread there but the bread of the Presence, which is removed from before the LORD, to be replaced by hot bread on the day it is taken away.

*At the end of the reading the reader says*

*Reader:* This is the Word of the Lord.

*All:* **Thanks be to God.**

# Psalm 3

*A Psalm of David, when he fled from Absalom his son.*

<sup>1</sup> O LORD, how many are my foes!

Many are rising against me;

<sup>2</sup> **many are saying of my soul,**

**“There is no salvation for him in God.”**

<sup>3</sup> But you, O LORD, are a shield about me,  
my glory, and the lifter of my head.

<sup>4</sup> **I cried aloud to the LORD,**

**and he answered me from his holy hill.**

<sup>5</sup> I lay down and slept;

I woke again, for the LORD sustained me.

<sup>6</sup> **I will not be afraid of many thousands of people**

**who have set themselves against me all around.**

<sup>7</sup> Arise, O LORD!

Save me, O my God!

For you strike all my enemies on the cheek;

you break the teeth of the wicked.



**<sup>8</sup> Salvation belongs to the LORD;  
your blessing be on your people!**

*Reader:* Glory be to the Father, and to the Son  
and to the Holy Spirit,

*All:* **As it was in the beginning, is now,  
and shall be forever.  
Amen.**

# New Testament Reading: Hebrews 4:8-11

*(Please be seated)*

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his.

<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

*At the end of the reading the reader says*

*Reader:* This is the Word of the Lord.

*All:* **Thanks be to God.**

## **Gospel Reading: Matthew 11:25-12:14**

*After the reader announces the reading (the people all standing up, all shall say*

### **Glory to Christ our Saviour**

<sup>25</sup> At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; <sup>26</sup> yes, Father, for such was your gracious will.

<sup>27</sup> All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup> Come to me, all who labour and are heavy laden, and I will give you rest.

<sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”

<sup>12:1</sup> At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. <sup>2</sup> But when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the Sabbath.” <sup>3</sup> He said to them, “Have you not read what David did when he was

hungry, and those who were with him: <sup>4</sup> how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? <sup>5</sup> Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? <sup>6</sup> I tell you, something greater than the temple is here. <sup>7</sup> And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. <sup>8</sup> For the Son of Man is lord of the Sabbath.”

<sup>9</sup> He went on from there and entered their synagogue. <sup>10</sup> And a man was there with a withered hand. And they asked him, “Is it lawful to heal on the Sabbath?”—so that they might accuse him. <sup>11</sup> He said to them, “Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? <sup>12</sup> Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.” <sup>13</sup> Then he said to the man, “Stretch out your hand.” And the man stretched it out, and it was restored, healthy like the other. <sup>14</sup> But the Pharisees went out and conspired against him, how to destroy him.

*At the end of the reading the reader shall say*

This is the Gospel of Christ

*All shall respond*

**Praise to Christ our Lord**

# **Sermon: The Lord Gives Rest**

***Matthew 11:25-12:14***

## **1. Introduction**

## **2. Jesus: The Son of God (v25-30)**

a) Who He is (v25-27)

b) What He offers (v28-30)

## **3. Jesus: Lord of the Sabbath (v1-8)**

a) Is it lawful to work on the Sabbath? (v1-2)

b) The Response (v3-8)

## **4. Jesus: Bringer of Rest (v9-14)**

a) Is it lawful to heal on the Sabbath?(v9-10)

b) The Response (v11-14)

## **5. Application**

# The Nicene Creed

*(Please stand)*

**All: We believe in one God, the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
one in being with the Father;  
through him all things were made.  
For us and for our salvation  
he came down from heaven,  
by the power of the Holy Spirit  
he was born of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate;  
he suffered, died and was buried.  
On the third day he rose again  
in fulfilment of the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.**



**He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
With the Father and the Son  
he is worshipped and glorified,  
He has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

# Prayers of Intercession

*(Please kneel or be seated)*

*Prayers for the nations of the world and our own nation:*

*Leader:* O God, our creator and preserver, we pray for people of every race, and in every kind of need: make your ways known on earth, your saving power among all nations.

(Especially we pray for ...)

*Leader:* Lord, in your mercy

*All:* **hear our prayer.**

*Prayers for the church throughout the world and our own church:*

*Leader:* We pray for your Church throughout the world: guide and govern us by your Holy Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life.

(Especially we pray for ...)

*Leader:* Lord, in your mercy

*All:* **hear our prayer.**

*Prayers for the sick, the suffering and those who mourn the death of loved ones:*

*Leader:* We commend to your fatherly goodness all who are anxious or distressed in mind or body; comfort and relieve them in their need; give them patience in their sufferings and bring good out of their troubles.

(Especially we pray for ...)

*Leader:* Lord, in your mercy

*All:* **hear our prayer.**

*Prayers conclude with the Lord's Prayer:*

*All:* **Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and forever.  
Amen.**

# The Peace

*(Please stand)*

*The Greeting of Peace is introduced in these or other suitable words:*

**Minister:** We are the body of Christ.

In the one Spirit we were all baptised into one body.

Let us then pursue all that makes for peace and builds up our common life.

**Minister:** The peace of the Lord be always with you.

**All:** **And also with you.**

*All may exchange a sign of peace (please avoid physical touch while doing so in this time.)*

# Hymn: I Heard The Voice Of Jesus Say

*Horatius Bonar, 1808-1889*

I heard the voice of Jesus say,  
"Come unto me and rest;  
lay down, thou weary one, lay down  
thy head upon my breast."

I came to Jesus as I was,  
weary and worn and sad;  
I found in him a resting place,  
and he has made me glad.

I heard the voice of Jesus say,  
"Behold, I freely give  
the living water; thirsty one,  
stoop down and drink, and live.

I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in him.

I heard the voice of Jesus say,  
"I am this dark world's light;  
look unto me, thy morn shall rise,  
and all thy day be bright."  
I looked to Jesus and I found  
in him my star, my sun;  
and in that light of life I'll walk,  
'til trav'ling days are done

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# Prayer of Penitence and Confession

*The minister may use this or another call to confession*

*Minister:* Brothers and sisters: as we come together to share in the holy Communion of the Body and Blood of our Saviour Christ, the Scriptures urge us to examine our lives and repent of our sins. As we do so, let us be thankful that God the Son humbled himself, becoming man, to die for us on the Cross. And by the shedding of his precious blood, he obtained for us forgiveness of sins, and life with him forever. In remembrance of his death, and as a pledge of his love, Jesus instituted this holy sacrament, to our great and endless comfort.

You, then, who truly and earnestly repent of your sins, seek to live in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from now on in his holy ways, draw near with faith, and take this holy sacrament to your comfort. But first, let us make our humble confession to almighty God.

*(Please kneel or be seated)*

**All: Almighty God, our Heavenly Father  
we have sinned against you  
and against our neighbour,  
in thought and word and deed,  
in the evil we have done  
and in the good we have not done,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry, and repent of all our sins.  
For the sake of your Son, Jesus Christ,  
who died for us,  
forgive us all that is past;  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**



*The minister declares God's forgiveness*

Almighty God,  
who forgives all who truly repent  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

*All:* **Amen.**

*Then the minister shall say,*

Hear these words of comfort in the Gospel:

God so loved the world, that he gave his only Son, that  
whoever believes in him should not perish but have  
eternal life.

(John 3:16)

The saying is trustworthy and deserving of full acceptance,  
that Christ Jesus came into the world to save sinners.

(1 Timothy 1:15)

# The Eucharist

*(Please remain kneeling or seated)*

*Minister:* The Lord is here.

*All:* **His Spirit is with us.**

*Minister:* Lift up your hearts.

*All:* **We lift them to the Lord.**

*Minister:* Let us give thanks to the Lord our God.

*All:* **It is right to give him thanks and praise.**

*Minister:* It is indeed right it is our duty and our joy,  
at all times and in all places  
to give you thanks and praise,  
holy Father, heavenly King,  
almighty and eternal God,  
through Jesus Christ your Son our Lord.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

*All:* **Holy, holy, holy Lord  
God of power and might,  
Heaven and earth are full of your glory.  
Hosanna in the Highest!**

**[Blessed is he who comes in the name of the  
Lord; Hosanna in the Highest!]**

*This Prayer of Humble Access may be said by all*

**All: We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy so much as to gather up  
the crumbs under your table.  
But you are the same Lord,  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that we may evermore dwell in him  
and he in us.  
Amen.**

*The Minister prays*

Almighty God, our Heavenly Father,  
who in your tender mercy gave your only Son  
Jesus Christ to suffer death upon the cross  
for our redemption;  
who made there,  
by his one oblation of himself once offered,  
a full, perfect and sufficient sacrifice  
for the sins of the whole world;  
and who instituted, and in his holy gospel  
commanded us to continue,  
a perpetual memory of his precious death  
until his coming again:  
Hear us, merciful Father, we humbly pray,  
and grant that we who receive  
these gifts of your creation,  
this bread and this wine,  
according to your Son our Saviour  
Jesus Christ's holy institution,  
in remembrance of his death and passion,  
may be partakers, by faith,  
of his most blessed body and blood:

who, in the night he was betrayed,  
took bread, and when he had given you thanks,  
he broke it and gave it to his disciples saying,  
“Take, eat; this is my body which is given for you;  
do this in remembrance of me.”

In the same way, after supper,  
he took the cup, and when he had given you thanks,  
he gave it to them saying,  
“Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many  
for the forgiveness of sins;  
do this, as often as you drink it,  
in remembrance of me.”

**All: Amen.**

**All: Jesus, Lamb of God,  
have mercy on us.**

**Jesus, bearer of our sins,  
have mercy on us.**

**Jesus, redeemer of the world,  
give us your peace.**

# The Distribution

*Minister:*

Jesus is the Lamb of God who takes away the sins of the world.

Eat and drink this in remembrance that he died for you and feed on him in your hearts by faith with thanksgiving.

# Hymn: Psalm 3

*The Scottish Psalter*

O Lord, how are my foes increas'd?  
against me many rise.

Many say of my soul, For him  
in God no succour lies.

Yet thou my shield and glory art,  
th' uplifter of mine head.

I cried, and, from his holy hill,  
the Lord me answer made.

I laid me down and slept; I waked;  
for God sustained me.

I will not fear though thousands ten  
set round against me be.

Arise, O Lord; save me, my God;  
for thou my foes hast stroke  
All on the cheek-bone, and the teeth  
of wicked men hast broke.



Salvation doth appertain  
unto the Lord alone:  
Thy blessing, Lord, for evermore  
thy people is upon.

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# Hymn: The Blood Of Christ Thy Spotless Lamb

*William Pond, 1819-1919*

The blood of Christ, Thy spotless Lamb,  
O God, is all my plea;  
Naught else could for my sin atone;  
I have no merit of my own,  
Which I could bring to Thee.

No sacrifice save His who bore,  
My load upon the tree,  
No other plea which lips could frame,  
No other blood, no other name,  
Accepted is by Thee.

Since Christ has entered by His blood,  
The holiest on high;  
By that same hallowed blood stained track,  
Thou welcomest the sinner back,  
And biddest me draw nigh.

Oh, wondrous cross! Oh precious blood!  
Oh death by which I live!  
The sinless One, for me made sin,  
Doth now His wondrous heart within,  
Eternal refuge give.

By that blest cross, that cleansing blood,  
I know His power to save;  
The merits of His work confess,  
I stand in Him completely blessed,  
A conqueror o'er the grave

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# Prayers of Response

*(Please kneel or be seated)*

**All: Almighty God,  
we thank you for feeding us  
with the spiritual food  
of the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out into the world  
in the power of your Spirit,  
to live and work  
to your praise and glory.  
Amen.**

## Announcements

# The Blessing

*The gathering ends with a blessing.*

*Minister:* The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All:* **Amen.**

*Minister:* Go in peace to love and serve the Lord.

*All:* **In the name of Christ. Amen.**

# Hymn: Be Thou My Vision, O Lord Of My Heart

*Mary Byrne, 1880-1931*

Be thou my vision, O Lord of my heart,  
be all else but naught to me, save that thou art;  
be thou my best thought in the day and the night,  
both waking and sleeping, Thy presence my light.

Be thou my wisdom, be thou my true word,  
be thou ever with me, and I with thee, Lord;  
be thou my great Father, and I thy true son;  
be thou in me dwelling, and I with thee one.

Be thou my breastplate, my sword for the fight;  
be thou my whole armour, be thou my true might;  
be thou my soul's shelter, be thou my strong tower:  
O raise thou me heavenward, great Power of my power.

Riches I heed not, nor man's empty praise;  
be thou mine inheritance, now and always;  
be thou and thou only the first in my heart,  
O Sovereign of heaven, my treasure thou art.

High King of heaven, thou heaven's bright Sun  
O grant me its joys, after vict'ry is won;  
great Heart of my own heart, whatever befall,  
still be thou my vision, O Ruler of all.

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## Connect with us

Thank you for joining our service. If you would like for us to get in touch with you, or have any feedback for us, please fill in our Connection Card at [stmarys.my/connect](https://stmarys.my/connect)

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## Giving

### Online transfer

Bank name: **Standard Chartered Bank Malaysia Bhd**

Account name: **St Mary's Cathedral**

Account number: **312 142 334 691**

Recipient reference: If giving a pledge, enter ***your 3-digit pledge number***.  
Otherwise, enter **Online Service** or the service you normally attend.

For one-off giving, please email the bank-in slip or online transfer receipt to: **collections@stmaryscathedral.org.my**

### E-wallet

Scan the following QR code using any e-wallet app (Touch n Go / GrabPay / Boost). Be sure to confirm "St Mary's Cathedral" is listed as the payee.





## St Mary's Cathedral

Note: This method of giving is analogous to putting cash into the offertory bag/box. Your donation will go to the General Fund. You will not be given a receipt. Do not use this to give a pledge.

Details on our webpage: [stmarys.my/give](https://stmarys.my/give)

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## Onsite & Online Services

Here are the details of our English onsite services on Sundays:

- Liturgical Services – 7.00 am, 9.00 am, 11.00 am
- Contemporary (SMACC) Services – 11.00 am, 5.00 pm

If you are joining us online on Sundays, the Liturgical service will be livestreamed at 9.00 am.

More information about our services can be found here:

[stmarys.my/services](http://stmarys.my/services)

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## **Carpark Booking**

Please visit [stmarys.my/booking](http://stmarys.my/booking) to book a carpark on Sundays at the Royal Selangor Club or at the Cathedral, if you need to. There is also an option for you to indicate on the form that you would like to book a parking spot for 3 months. Your car plate number will then be given to the guards. Please note that you will only be allowed in if your car plate number is on the list given to the guards. If you are parking at the Dataran Merdeka Carpark, you do not need to book a carpark. Carparking is free.

Bookings for carparking will open at 2.00 pm on Sunday and close at noon on Friday.

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## Onsite Service Volunteers

We are looking for volunteers to help out at our onsite services. If you are a regular at St Mary's Cathedral and would like to volunteer, please fill in the form at [stmarys.my/volunteer](http://stmarys.my/volunteer)

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## Kids' Church

The Kids' Church classes run on Sunday mornings. The different age groups meet at their respective classrooms on the ground floor of the Cathedral. Parents can pick up their children after the 11.00 am church service ends.

For more information, you could speak to the Kids' Church teachers or email [kidschurch@stmaryscathedral.org.my](mailto:kidschurch@stmaryscathedral.org.my)

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## Just For Starters

Just for Starters is a course that helps you to establish a deeper relationship with God through exploring truths found in the Bible and what it teaches about living for Christ in our world today.

This course is also part 1 of our Adult Confirmation Programme.

When you sign up for this course, you will be paired up with someone who will work through the 7 studies with you. The default time is 2.00 pm on Sunday afternoons, beginning 12 February 2023 - but you can always change it to a time that is convenient for you, once you are paired up with your mentor.

Click on this link to register: [stmarys.my/jfs](https://stmarys.my/jfs)

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## **Belonging**

Belonging is our orientation programme for people who have recently started coming to our services. If you are new with us, please do come along to find out more about our church, what it means to belong to God's kingdom, and how that is expressed in our local church.

Date: Saturday, 4 March 2023

Time: 10.00 am – 3.00 pm (Lunch provided)

Location: St Mary's Cathedral KL

Register: [stmarys.my/belonging](https://stmarys.my/belonging)

(please register by Wednesday, 1 March 2023)

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## **Giving via Pledge Envelopes**

In recent years, the church giving system has moved from a pledge envelope system to an online giving system. Those who wish to remain contributing via pledge envelopes are advised to write their pledge numbers on any blank envelopes and drop them in the allocated boxes at church.

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## **Music Ministry**

If you are someone who is following Jesus as your Lord and Saviour, committed to serving him in St Mary's and interested in serving either in the choir or as an organist at the Liturgical services, please fill in the Connection Card at [stmarys.my/connect](http://stmarys.my/connect) or let the Cathedral Office know on 03 2692 8672. You will be contacted and furnished with more details by those in charge from the Cathedral.

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## **Lost And Found**

If you left something in the Cathedral, you can look for it at the 'Lost and Found' section in the Book Corner. Items will be kept for a month for people to claim before they are disposed of.

## **St Mary's Agape Mission School**

St Mary's Agape Mission School is now in its 9<sup>th</sup> year of operation and currently has over 100 students. As such, the school is always on the lookout for volunteers who might be keen to teach the children. If you have a heart for seeing vulnerable children receive an education and would like to find out more about what is involved, please contact Mei Tan on 012 387 3408. (Retired teachers are preferred).

The school is located near Ampang, and the time for volunteering is 9.00 am – 12.00 pm and/or 1.00 – 3.00 pm from Mondays to Thursdays.

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## **Anglican Care Workshop: Reading With Basic Phonics**

Teachers, volunteers, parents and anyone interested are welcome to attend the Anglican Care Workshop on Reading with Basic Phonics.

Date: Saturday, 11 February 2023

Time: 9.30 am – 4.30 pm

Venue: St Barnabas Church Hall, Klang

Facilitator: Mrs Nirmala Ruth Augustine

Register by 31 January 2023. Please WhatsApp details to: Rebeka (012 324 7578), Esther (016 626 1206) or Annam (017 636 1514).

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## **Diocesan English Youth Camp**

The theme for this year's camp is 'Speak Up, Grow Up, Build Up!' – we will be exploring what this looks like as we serve each other in church.

Date: 24-27 February 2023

Venue: Port Dickson Methodist Centre (PDMC)

Camp Fees: RM 230

Speaker: Thavasilan Tony

Register [here](#)

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## **The Daily Office**

We invite you to join us for the Daily Office – a short daily service with systematic Bible readings and set prayers. This will take place every day at 7.30 am by Zoom (except Sunday).

If you think this would be a helpful part of your daily routine, please join us by simply going to

[stmarys.my/dailyoffice](https://stmarys.my/dailyoffice) at about 7.25 am each day for a 7.30 am start. That will take you directly to the Zoom room where the service takes place. The service will finish before 8.00 am.

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## Pastoral Needs

If you are a regular at St Mary's Cathedral and would like to make an appointment to talk to a pastor, please let us know by filling in a Connection Card at [stmarys.my/connect](https://stmarys.my/connect) or call the Cathedral Office on 03 2692 8672.

If you are a woman and there are pastoral matters you prefer to talk about with another woman, you can contact Mrs Christine Rajaratnam or Miss Danielle Cheng. If you would like one of them to contact you, please let us know in the same way – you can fill in a Connection Card at [stmarys.my/connect](https://stmarys.my/connect) or call the Cathedral Office on 03 2692 8672.

If there is a pastoral emergency, you can reach the pastoral team on our Emergency Pastoral Care Hotline: 011 5762 8524.

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## Small Groups

Looking to connect with a Christian community? We encourage you to consider joining one of our online or in-person small groups. This is one of the important ways we grow together as a community of God's people as we gather under His Word and seek to encourage one another to persevere in following Jesus.

If you would like to join a small group, please fill in a form at [stmarys.my/smallgroups](https://stmarys.my/smallgroups) and we'd be happy to help find you one.

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## Youth Fellowship

Our Youth Fellowship (ages 13-18) meets on Sundays at 2.00 pm. If you would like to join us, please sign up at [stmarys.my/youth](https://stmarys.my/youth)

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## Youth Confirmation Programme

If you would like to indicate interest in our Youth Confirmation Programme for your teenager aged 13-17, please let us know at [stmarys.my/youthconfirmation](https://stmarys.my/youthconfirmation) and we will inform you when the next one starts.

## Subscribe to our Mailing List

To receive emails about latest updates and important news about the Cathedral, fill in the form at

[stmarys.my/subscribe](https://stmarys.my/subscribe)

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## Dataran Merdeka Underground Carpark

There is currently free parking at the Dataran Merdeka Underground Carpark until further notice. Please take note that this free parking is available to the public and therefore, no special pass from the Cathedral is needed to park there. If anyone requires you to pay for parking, please take a picture or video of the incident and forward it to [office@stmaryscathedral.org.my](mailto:office@stmaryscathedral.org.my).

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## Work Care Panel

We have a panel to help our Cathedral community look for work or advise about work and training opportunities. If you're looking for work and wouldn't mind a helping hand, fill in our Connection Card at [stmarys.my/connect](https://stmarys.my/connect), indicating that you would like someone from the Work Care Panel to contact you.